



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kühnert, Nicole

Club: Erfurt
Number: 1204

Course: 10.00 km
Vintage VDB Lauf

Category:
Seniorinnen W40 (40-49 Jahre)

Total time: 1:00:12

Speed: 9.97 km/h
Running performance: 6:01 min/km

Rank in course/Total: 561 (of 637)

Rank in course/Women: 103 (of 144)

Best time in course: 38:07

Rank in category: 36(of 45)

Best time in the category: 46:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde Langstrec	2.00	11:49	5:54	24	2:08	80	4:29	2.00	11:49	5:54	38	0:52	58	4:29
Runde Langstrec	2.00	12:05	6:02	38	2:55	113	4:28	4.00	23:54	5:58	38	2:29	58	8:57
Runde Langstrec	2.00	12:10	6:04	38	2:56	111	4:24	6.00	36:04	6:00	37	5:25	58	13:21
Runde Langstrec	2.00	12:08	6:03	36	2:54	99	4:22	8.00	48:12	6:01	35	6:13	58	17:43
Leichtathletikh	2.00	12:00	6:00	35	3:01	101	4:22	10.00	1:00:12	6:01	36	13:52	103	22:05